

A
TOUCH-STONE
FOR
Phyſick,



Directing
By evident Marks and Characters
to ſuch Medicines,

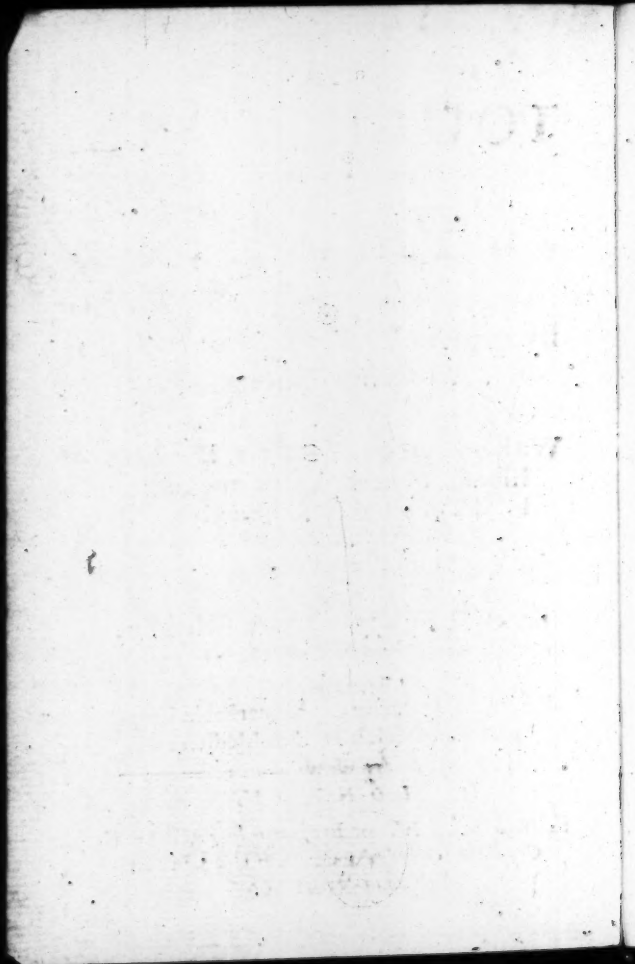
AS
Without Purgers, Vomiters, Bleedings,
Iſſues, Minerals; or any other
diſturbers of Nature, may be
ſecurely truſted for Cure
in all extremities,

AND
Be eaſily diſtinguiſhed from ſuch. as are
hazardous or dangerous:

Exemplified
By various Inſtances of Remarkable Cures
performed ſolely by ſuch Medicines.

J. W.
L O N D O N,

Printed by J. W. for Benjamin Billingsley, at
Greſham-Colledge-gate, near the Church
in Broad-ſtreet 1667.



To the Ingenious Reader.

SInce the generous breeding of most Physitians, in reason may be presumed to have freed them, more from envy and partiality, then less Phylosophical professions; though here and there some few may appear perverse: yet now there seemeth no cause to doubt their ready and cheerful entertainment, of whatsoever can be proposed for support of humane frailty, or relief of distressed patients, and the rather because of their frequent, and free converse with the most noble Virtuosi, those ample encouragers of all improving Studies.

To the Reader.

The scruple being rather, how this Discourse will be digested by those who are furnisbers of all sorts of ingredients ; and also by the preparers of Medicines : for since self denial , may not like their *Semper vivum* be alwaies green and flourishing. If it cannot be proved , that both shall be no losers ; how can it be expected they should freely yeild to such an alteration , as this Touchstone imports , though the whole Society of practisiers should deem it requisite.

For abatement therefore , of any proness to opposition , it may be needful to give this assurance to all those , who furnish either forraign or domestick materials, that in this
sublime

To the Reader.

sublime and more refined way of Medicine ; not less but much larger quantities , are likely to be used, in that where much can yeild but very little, much of necessity must be employed.

Then for the preparers, and conweighers of Medicines , between Physitians and Patients : were all expressly to be regulated, according to the Marks and Characters herein specified, no loss at all appeareth; for in this pure, liquid, powerful, pleasant and durable way ; not one spoonful would ever perish or decay upon their hands : neither Time, nor Winters cold, nor Summers heat, in the least impairing their virtue or efficacy : a recom-

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penſe far ſurmounting all objections, if what they yearly loſe by perſhable ware, be but duly weighed.

Nor is this new way leſs vindicative of their reputation, not only ſeldomer failing of their deſired ſucceſs in Cure, but not the leaſt quantity ever caſt away by their Patients, being ſuch as is ſerviceable to them ſundry wates, which how many hundreds if not thouſands of pounds would be ſaved yearly in Patients purſes, may be worth their conſideration, nor is there many of their preſent preparations, but what by ſolicitous Study, and ingenious Art, may be converted into this clear ſtream of Phyſick.

Befides

To the Reader

Besides, where one now in the present way of Medicine they are in, makes use either of the Physicians advice, or of any other preparations; and when they do, do it but meerly for necessity, as dreading the trouble, tediousness, and danger thereof, well nigh as much as sickness it: In this pure, pleasant, and safe effectuall way, twenty at the least would be frequent and familiar therewith, no time of the year being unseasonable, no scrupulosity in the dyet, no pains nor gripes in operation, nor tiresome confinement, to house or chamber, (unless when extreimity enforceth) nay when they are proper for all persons in all weakneses, and distempers, from
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To the Reader.

the Cradle to the oldest age : may be also taken in Dyet for improvement thereof, and in Recreation as the most pleasant and reviving refreshment, what infinite quantities must necessarily be employed.

So that they could not but be vast gainers every way , both in profit and credit, by so happy an alteration, bringing also to the Physitian, besides the respects and rewards usual, if not more and greater.

*The inestimable contentment of a quiet mind , resting securely and calmly amidst all occasions and extremities, with this sweet repository that he runs no hazard with his Patients, and yet supplies them with the utmost helps imaginable : so
that*

To the Reader.

that both the Physitian, the provider of Materials, and the preparer of Medicines, are all in an assured condition, unto whom I wish one more were added, so far am I from desiring the prejudice of any : And that is Studiers and Inventers of Medicine, known only by their faithfulness and the fruit of their productions : To be encouraged therein, and not to be diverted with any other part of Physick, or Practise ; for if truly such, they will never be many, nor desire any other business, being not such by Education, but by Birth and Nature ; for some Title whereunto I appeal, to the just restoration of the pallat ; to its pristine jurisdiction, in discerning

To the Reader.

*Virtues, and choise of Materials :
And to the successfull conception
and appropriation of the true hu-
mane temperature, that Clavis Me-
dicinæ, not consisting in the equality
of the Elements or Humors (as
most may imagine) but in the Proxi-
mity and Coherence of the spirit,
and all parts of the Medicine, with
the spirit of the true Humane con-
stitution ; without which , those
who traffick for Medicine, may be
as coasters ; but no considerable new
discoverers: This being to the Arts
advancement, like Columbus his
card to his discovery of the Indies,
who though long seeming but as a
vain boaster , yet those who first
gave credit found it, far exceeding
his*

To the Reader.

his report ; and so I doubt not it will prove here ; the Medicines herein proposed for an example, never doing harm , but good where ever they were taken , many wishing they had known them sooner , never any repenting their use : And if the Body be more worth then Rayment , and Health to be preferred before Riches , it being not in Mountains of Gold , to give that exemption from the pains , fears and miseries of sickness , which resides in a benign powerful Medicine ; your good acceptance of these overtures, will never blemish either that Virtue or that Prudence , for which you will be ever highly honored , By Your

Most humble Servant, W.W.

*This Preface belongs to
the following books, concern-
ing y^e Interest of the Artificer.*



The Preface To the Reader.

IT being usual for Authors in
Prefaces to render an account of
the occasion which gave Birth to
their writings, and to acquaint the
Reader with the design or scope of
their Discourses, I thought it conve-
nient to continue a custom approved
by many Illustrious examples.

A

Let

The Preface

Let me therefore give thee to understand, that it is not desire of applause bath engaged me in this Controversie. The care I have taken to conceal my Name will, I suppose, free me from such suspicion; but besides, let me assure thee I am too far from promising my self any addition to my Repute from this scribe, That I do rather apprehend it will lessen my Esteem with many of those excellent Persons, who are now pleased to Honour me with their Friendship; and do expect from me Discourses very different from those I here present thee. Which considerations surely will gain me credit, when I affirm That no Motive besides that of publick

to the Reader.

lick advantage could ever have prevailed upon me, to exchange my darling Studies of Experimental Philosophy, and Physick (most pleasing and profitable employments) for barren Controversie, which I ever declined. And among all, if I had consulted my own quiet or Interest, I should have avoyded this wherein I have now engaged; which may occasion me much trouble, but, cannot possibly bring me any advantage, besides that satisfaction which is alwayes the result of Actions well intended. Which pleasure I must confess will be much heightned, if this endeavour of mine meets with good entertainment and work the desired Effect; which that it may have, I

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will particularly address my self to all the Persons concern'd with me in this debate: Who are the People or Patients, and Physicians.

This Discourse is chiefly intended for the First, it being they, who are most highly injured by the unwarrantable practices of those we have therein accused; for although many understanding Persons among the People are sufficiently sensible of the abuses we have manifested; and that it is of absolute necessity some reformation be made: yet all are not thus perswaded, for we may daily observe, that many who are less discerning, being deceived by an imaginary good, covet their own ruins; and unless they be given to
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to the Reader.

understand which is the evil and which the good, by persons in whom they have reason to confide, they must necessarily run much hazard. I have here endeavour'd to undeceive them, which I should despair of, did I only foresee inconveniences a far off (the Vulgar being led by sense, and not by probable conjectures) but since they do now actually labour under many, and those obvious inconveniences, how short soever their sight be, the sense of feeling being no less acute in them, than in others I perswade myself they will readily give their assent to those Truths I have here discovered. Now there are many things whereof most Apothecaries are highly guilty, as care-

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lesness, Unskilfulness, Unfaithfulness on the one hand, and Intrusion into the Physicians Employment (I mean the Practice of Physick) on the other : on all which accounts as I have fully demonstrated, they are exceedingly injurious to the Publick. In order to the prevention of such unpardonable abuses of the People I have made this Proposal, That Physicians prepare and dispence their own Medicines; and at large shewed That the advantages of such a Constitution will be many and great. For it will much abate the charge and expence of Physick, and the Medicines themselves will be more safe and effectual than now they are, interest obliging Physicians

to the Reader.

ans to have their Physick as good as they can contrive or prepare; and certainly such a State of Physick of all other is most desirable, wherein no man having the Interest can have the Power, nor any having the Power can have the Interest to prepare Medicines unfaithfully: wherein bad men shall be made good, and those that are good never be tempted to become dishonest. And in that Constitution of Pharmacy for which we contend, suppose men be never so bad; yet nevertheless their wickedness cannot have any ill influence on Physick, *as is manifested at large in this following Discourse: so that*

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if the sick have regard, either to profit or safety, they will address themselves to those Persons who supply them with the best Remedies, and at cheapest Rates.

And as for Physicians, they must necessarily put their affaires into some such Method, as this we have commended; If they have any concern for their Patients, or intend to improve Pharmacy it self. For as it hath been well observed, if we depend only upon that we read in Books, we shall never promote this Art beyond its present limits; and if Physicians in former times had not been knowing in Simples, examined their Vertues, and Tempers, enquired into their Effects, and mixed them

to the Reader.

them with their own hands, there had been no such Science as Physick. Now according to the Antient Axiom, Ex quibus Constat, ex hisdem Nutrimur, Those things which gave a being to this Noble faculty must help to make it compleat; towards which as nothing can contribute more than the improvement of Pharmacy: so neither can any thing promote that, more than Physicians taking it into their Management. But besides all this, it is fit that they who exercise themselves in the Practice of Physick, be satisfied their Medicines are good; whereby their Mind will be free, and without any clog: which would add more difficulties and dangers

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dangers to a thing by it self hard and dangerous.

These and other Considerations mentioned and insisted on in the following Discourse will I assure my self, perswade all Physicians who have respect to the good and benefit of their Patients, Honour of their profession, or own Reputation, to put Pharmacy into other hands, and into better Methods, than those wherein at present it is; Whereby they who now dishonour it (I mean the Apothecaries) will either be reduced to a sense and performance of their Duty, or sufficiently punished. For Notwithstanding that they do now Unanimously resolve with associated endeavours to Oppose all Reformation

to the Reader.

mation; yet I am perswaded that if Physicians take some such courses as those I have mentioned, the event will be the same with that of Mutinies. Where if the Commander be resolute he makes some of the Mutineers exemplary, and threatens others; of fierce, that they were in general, each one out of his particular Fear becomes obedient: So how insolent soever the Apothecaries now are when they see their Punishment neer and certain, not trusting to one another, they will hasten all to Obedience; especially if good encouragement be given to those who return to their Duty, and become Reformadoes.

And now (to hasten to a Conclusion

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sion) if any fancy, we have too rudely attacked the Apothecaries; let them consider (and then certainly they will excuse us) that what we have done is only in our own defence; for we had never interrupted their quiet, could they have contained themselves within due limits and not invaded our Profession. So that if the Case be stated rightly, it will appear most evident, that we are on the Defensive part; They the Aggressors; and that we cannot justly be blamed, if in our own Defence we offend them: or if being forced, we take violent Courses, whose End yet is not (as may be pretended) Destruction and confusion, but Order and redress.

Nothing

to the Reader.

Nothing now remains but that I Apologize for the defects of the ensuing Discourse. It may be objected, that the Method is not exact, the expression rude, the Style unpolished and abrupt, the parts not closely cemented by handsom and sutable Transitions. All which I readily acknowledge : But withall Desire the Readers to consider that this Book was begun and finished within the space of six or eight dayes at the most; and even then I was not free from diversions of many kinds : so that being penned in so short a time, the subject it self unpleasant, and the writer variously distracted, it is scarcely possible it should be compleat in Method or Expression

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Expression. Besides, this Discourse was not calculated for Scholars, but for the Vulgar to whose capacity it is adapted; for if I had intended to instruct the former, I would have taken more time and pains, digested the matter better, disposed it more advantageously, and endeavoured to cloath it in more handsome expressions.

I must not here forget to acknowledge, that I have borrowed several passages from the judicious Author of a late excellent Discourse concerning the State of Physick, and the regulation of its Practice. I suppose it will be easily imagined that I could have spoken the same things in other words; but

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to the Reader.

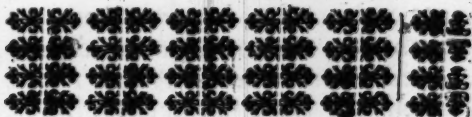
my respect for that Worthy Person disposes me to believe they will sound better and be more effectual in his own language; although I must crave his pardon for transposing some, and accommodating others to a proposal, he did not then think fit to mention.

For Faults in Printing &c. the Printer must be responsible; and particularly for that formall beginning of the 177. Page, which was never so intended by the Author.

This is all with which I thought fit to acquaint thee, I shall therefore now end with this request. That thou determine nothing in the behalf, or to the prejudice of this per-

The Preface &c.

performance, till thou hast impartially examined all that is contained therein; and then if it appear that I have spoken truth, I expect it should be owned and promoted by thee: if I be in any thing mistaken I am content to hear of it, and ready to retract whatsoever is not consonant to Truth and Reason.



A
TOUCH-STONE
FOR
PHYSICK,
&c.



Though of all the Natural Sciences ; that of *Physick*, and therein, the Medicinal part is of most Concernment to Humane Happiness : yet is there hardly any Art, Science or Mystery, whether for Delight, Convenience

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ence or Necessity, but what hath gotten the start thereof, by many degrees, of real Improvement; Whilst *Physick*, the chief of Arts, instituted for the preservation of Man's health, without which all his felicity in a moment is turned into gall and bitterness; hath so little to glory in, that notwithstanding infinite endeavours of the studious, with the utmost help of Chymistry; the most skillfull do ingenuously confess, They believe the far better part rests still undiscovered.

A Truth too evident, and the sad causes thereof too manifest to be doubted; yet so accompanied with unpleasing reflections, both upon the Speculative, Inventive and Practick part, that I willingly decline all repetition of whatsoever upon my enquiry fell into observation.

Onely as to the most Important, and which render'd the whole Fabrick craz'd and tottering: I must needs say, That

for Physick. 3

to my Apprehension, the aims of the Studious, Inquisitive after the Conservation or Restauration of *Man*, the sole Subject of Physick, had not been taken aright, nor in due measure proportioned to so peculiar and so refin'd a Being.

For, permitting my Understanding its free course throughout the Wilderness of Physical Notions; at length my thoughts thus fixed : That the Original constitution of Humane Nature, being at first but One, however since deviated into various Temperatures and Complexions ; and being far more sublimed, than any other Creature on Earth, to render his Body a fit Instrument for his Divine contemplative and discursive Soul. The whole mass of assistants assigned by this Art, for his supplantation or recovery, appeared either so weak and impotent ; or else so coarse, casual, violent and dangerous, as seemed very unsuitable so sublime a Nature.

Upon which, I conceived it undeniably requisite, that all provisions and preparations designed for help of Mankind, ought in special manner, both in purity, efficacie and pregnancy, to hold due and just proportion to the peculiarity of the true Humane Temperature or Constitution : and that all administrations of a gross, impure, or improper, unbenign nature, must needs produce cross and perverse effects, and could not but be the main occasion of the manifold failings and miscarriages so frequently and apparently discernable in Physick.

With which conclusion being very much satisfied; my hopes soon led me into persuasions of a possibility of raising new ayds both to Diet and Medicine, so refined, and so suited to the true Humane Constitution, and so appropriate to distinct Infirmities, Distempers, and Diseases; that, administer'd in any case, and to any complexion, though
never

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never so far distant from the original: should really intend its reduction, and without any disturbance of Nature, by Loosners, Vomitors, Bleedings, Issues, Shaving the head, Clusters, Blisters; and without Minerals, or any hazardous or nauseous Ingredients; might rationally be relyed on in all extremities: And this solely from their powerfull friendliness to Humane Nature, and efficacious virtue in extinguishing the venomous causes of Diseases.

In pursuance whereof, depending very much upon my palate, long exercised in determining of Virtues, (by which, Compounds, as well as Simples, became equally liable to my assistance;) and pressed thereunto by an express propensity in Nature: In process of time I proved so successful in choice of materials, and in heightning and uniting of Excellencies; as by degrees to raise a large variety of so kindly and so powerfull Medicines, That not onely have ap-

proved themselves serviceable to the Healthful in Diet and Refreshment; and to the weakest women and children in manifold infirmities; but in greatest extremities, (all other means failing) have frequently been prevalent, beyond all hope or expectation; and this too (according to my aymes) without any outward Violence or inward Disturbance of the body, either by Vomiters, Loosners, Minerals, or any other Disturbers of Nature.

Insomuch that their various, weighty and remarkable performances have long time represented their peculiar qualifications, as so many evident marks and characters of Real Medicine, whereby to distinguish such as are (from such as are not) to be trusted in cure, or fit for Humane Constitutions,

And to my own particular; ever since I understood them, they have served me as a real Test or *Touchstone* of Medicine; using no other, for any that rely on me
in

in any occasion, but Medicines of their qualities; wherein having been successful, to my own satisfaction, and others approbation, yea even to admiration: I have thence entertained some apprehensions, that it could not be taken amiss, but rather as a fair progress towards the Arts Improvement, to publish these Marks and Characters, as a competent *Touchstone* for probation of Medicine in general; especially of my own; and thereby possibly come to be somewhat better understood, as to my Physical Conceptions, than hitherto I have been; some having been over forward to imagine, all I aymed at, or had attained, amounted to no more, but only some pleasant preparations and productions, serving merely for Refreshment and Recreation, without any material effect or prevalencie upon Distempers and Diseases. Whether it be so or not, and how far they are mistaken, who thus censure, the whole Discourse will

plainly evince : and haply may prove a safe and sure Guide to distressed Patients, what kinde of Medicines to avoid, and what to embrace, in any their necessities.

The Marks and Characters, with their Grounds or Reasons annexed, are as followeth.

AS, First, I conceive, a benign kindly Medicine ought to be *Liquid* : and this, for avoyding that difficulty and disturbance incident in the digestion of those of grosser substances ; and likewise for the evil consequence of their remaining earthy parts in the coats, films and crevices both of the stomach and bowels, which generally so clog and tire the natural faculties to expell them ; as instead of that quiet and ready help requisite in Sicknes, makes Nature a new and tedious work in their avoidance ; as whoever notes shall find in a
sad

sad dejection of Spirit when they have done their best. Whereas things *Liquid*, if milde, disturbe no part, puts Nature to no stress in ordering them to its best advantage, nor leaves any remains for after Inconveniencies : but through their gentle Vivacity, and insinulative Virtues, (like the Waters of Life) immediately prosecute the prime End for which they were taken.

II. I conceive they ought not onely to be *Liquid*, but *transparently clear and pure, exempt from all grossness of residence or taint of rankness*. It being possible to have liquid things as bright and clear as Chrystal, which yet in smell no carrion ever exceeded in noysomness; a tang whereof, any one that notes will find, in most of what is used for Refreshment or for Relief, in first Illness. Which should be heedfully avoided, because by things course, rank, or tainted, the whole sourse of Bloud and Spirits become insensibly to be corrupted; all
facul-

faculties debilitated; and the best and strongest constitutions, by degrees, betrayed into the worst distempers; therefore, like Virtues descending from above, they ought to be immaculately clear and pure.

III. Such Medicines as may be trusted in cure, I conceive, ought, as much as is possible, to be *Pleasant*, and to suffice in *small quantity*; that they may not in the least be burdensom, but at first touch appear like true and chearfull friends, that make the distressed heart leap for joy; no sooner tasted, but Nature bids them welcom, and easily disposes them to their proper service. *Bonum & jucundum, as in Divine benedictions, being never to be separated in Physick.*

IV. Such Medicines with the precedent qualities, ought especially to be highly virtuous and powerfull, and which at first tast, by their lively, sprightly, yet milde quickness, should

evidently appear such stout, long-breath'd valiant Champions, as are thoroughly qualified to tug grapple with, and subdue the most violent, venomous, pestilential enemies of Mans Health and happiness: And yet withall so milde, gentle and manageable, (like our blessed Lamb and Lion couched together) as Children in greatest weakness may partake with safety; and for assurance that they are such, the prescribers, if desired, are to take the like quantity in sight of the Patient or Relations, for the more undoubted assurance of its innocence, and that it partakes not of any hazardous ingredient.

V. Such Medicines as may comfortably be relyed on in cure and in cases of extremity, ought to be so truly friendly to Humane Nature, that if taken by man, woman or childe, in health, shall no ways move their bodies, but shall nourish and strengthen them: and yet if by any in Sicknes, the very same Medicines,

cines, taken in the same quantity, shall in due time either open or binde, vomit or stop vomiting, sweat or restrain sweating, give sleep or abate excessive sleeping; as the instant necessity of the body most requireth, or most conduceth to recovery. And this, as the most distinguishing character, I conceive, is most to be noted by the Ingenious, and to be insisted on: For how can that possibly appear truly to deserve the Name of a Medicine, or real helper of the sick, or be rationally deem'd to work-upon a distemper; which, if given to a well person, shall either binde or loosen him, vomit, or sweat, or lay him asleep, even as it doth those who are sick? and which if given to never so sound a person in larger quantity, shall purge him, or vomit him into his grave, sweat out his last breath, or sleep him past ever waking to this life; which are the known qualities of most things given in Sicknels: So as with much more likelihood they might be

be stiled Disturbers of Nature, (for how else do they thus work upon the healthfull?) rather than Medicines and friendly Helpers, whose good qualities are with tenderness to cherish and retain all that's good in the body, and without the hazardous violences of Purgers, Vomitters, Bleedings, Issues, Shaving the head, Clusters, or Blisters; and without Minerals, or other nauseous or dangerous Ingredients, to exclude onely what is evil; and not, *Bedlam*-like, turn good to bad, and then madly throw out all together; which are the properties not of Heavenly and peaceable, but of Infernal wrathful Spirits.

V I. And lastly, Such Medicines as may be justly relyed on in cure, that they may be known to be compleat, ought not to be perishable Commodities, which argues such defects, as renders them unlikely to hold out upon a long march; being apt to tire, grow faint, sick, weak and heartless, before, or when they

they come in sight of, or near the enemy, therefore they ought not to want this sure Mark, (Close stop) to keep Good for Years (in all Climates) and in full strength and vigour without any the least diminution ; much after the similitude of an endless life, which is no small assurance of their real virtue and efficacy. Then having all the other precedent qualities conjoyned in every medicine ; and a large variety of them, (variety being singularly useful) you have medicines most Masculine and Heroick, such as may confidently be relied on for Cure, and be easily distinguished from those which are hazardous, or dangerous.

All which being neither difficult to remember ; nor hard to be understood ; and such as cannot be denyed to be both pertinent and sufficient for proof and assurance of Medicine : Admit patients and all the Ingenious every where should henceforth hold Practitioners
strictly

strictly to these Characters; accepting or refusing, accordingly: what a mighty Improvement would it soon occasion in Physick: By necessarily enforcing all Students and Practitioners, to set themselves to that which the Noble *Hippocrates* made the chief Character of a Physician worthy Estimation Viz. *By Study and his own Industry, to bring to light something that was not known before, and better known than unknown, or at least to perfect something that was imperfect before.*

And then as Excellencies for real use in Physick could not but every where abound; so would such a Test established, naturally tend to the fixation of this too much uncertain Art; put a period to the many Contraries and Contradictions of Practitioners, be an occasion of less harm and danger, of more pertinency, certainty, and security in Cure: and abundantly more enable them to perform with Comfort
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the infinite trust reposed in them; especially by their more Ingenious and Noble Patients in their extremities.

These are the Marks and Characters conceived requisite for the test of Medicine; and the desirable Advantages which in good probability would ensue upon such an establishment.

Nor let any suppose, as some may be apt to do, (who are loath any thing should prove of weight, but what they themselves discover) that these Characters or Marks of real Medicine are but meer impracticable notions, set forth to amuse the credulous with wonders that never were nor never will be found in medicine: For silencing all such slight suggestions, since such medicines are best known by their Fruits: It will be best and most proper to let them speak for themselves in some of their manifold instances of Cures performed by them, in various
and

and dangerous cases: and are as followeth.

The first of which, is of a man of middle age, afflicted with so extreame a Bloody-Flux as was deemed incurable, yet he perfectly recovered by two ounces of a medicine, every way answering those Characters; being a powerful subduer of those venoms which occasion such distempers.

Another is of one about 50: who had been long ill, but being of a strong constitution, thought with help of ordinary means to wear it out: As the manner of many hath been, till the best comes too late; and they wear themselves into their Graves, as it was like to have proved with him; for when my advise was first desired, he was sore all over his body, light-headed, spots upon his breast, very feverish, and swoln in his leggs: other advise he had which ordered him to bleed; which he not liking, he fell

under my Charge, and in less then eight dayes time, by the sole help of Medicines of the same nature, perfectly recovered.

Another is of a Gentleman about 30. long and grievously tormented with an Ague: both hot and cold fits; violently painful, with extream thirst, and soreness of throat; who after much time and money spent in vain, being plied with some variety of these medicines, became perfectly well. In which case as the variety proved very acceptable, so proves it Generally very successful in all or most distempers.

Another is of a young Gentleman, who upon an extream Cold and soreness all over his body falling into a violent vomiting, and looseness; which increasing under much means of Physick, I was importun'd to take care of him; and in less than a weeks time he recovered, solely by the use of divers of these Medicines.

Ano-

Another instance is of a Gentleman somewhat above fifty : surpris'd with a violent surfeit , and its worst effects, excreament vomiting , headach , high feaver , and soreness every where : and which notwithstanding many consultations , and thereupon bleedings, purgings, vomisings, often repeated : with sundry the best reputed Julips and Cordials usuall in such cases : nevertheless settled into six hours cold fits, with tortures in his knees and ancles as if upon the Rack , and near upon ten houres hot fits , his breast stuffed with tough and clammy phlegme, throat swoln and blister'd, his tongue parcht, scurfe , raw and so big that he could hardly speak a word to be understood.

In this woful plight, his Physicians, Himself and Relations quite hopeless, hearing what had been performed by my Medicines , I was sent for : yet not without much scruple , as one that

gave chiefly Spirits and hot things: which this Gentleman said, How to one in such a flame as he was in, Spirits and hot things could be proper, he could not understand: I replied, he would soon finde there was a benigne as well as a venomous heat, that indeed he had too much of the one, but too little of the other; And that without supplies of the better, his Lamp of Life could not be long maintained.

Which yet I perceived he so slowly admitted, that I was leaving of him: but his Lady taking me aside, and asking me whether I thought there was any possibility of his recovery: I told her I did believe there was: she asked me by what means, there having been so much used and failed: I said by Cordial Medicines: she said he would not endure any thing that was hot, I told her it was impossible without it: But yet such heaters as would certainly cool him: she askt me
if

if I had any such, I told her I would have none else, nor valued any other.

Which so far prevailed that he took that Night two ounces of one of my Medicines, and so did constantly of that or some other, alwayes before his cold fit; and at the end of it, respecting his hot fit, both which with all their painful threatning effects were after a while much mitigated, and in conclusion most happily extinguished. And had been sooner but for the unfortunate interposition of a gentle Purger; which because of Costiveness was prest upon him by one of his Physicians, who generally make such a doo about keeping the body solluble, as spoiles all too often. This Purge though of the middle sort, (which I must not know of at no hand) gave him upon twenty stooles, and so chearful he was upon it, that they reckoned now all filth was purged and carried out of his body: Infomuch as when I came amongst

them, all eyes were cloudy upon me; so I said little, and off I went: But before next morning the Scene was altered, and I hastily sent for, his cold and hot fits being doubled both in time and extremity; And he so weakened as they all feared his sudden dissolution: But falling to work a fresh with the same Medicines, though this mischievous loosener set us back at least ten Cordials, yet it was not long ere all was perfected, wherein our pleasant variety proved infinitely Advantageous and Contentful.

For so clear a Convert this Gentleman became, that though at first any thing of heat frightened him, yet so thoroughly reconciled to my heaters was he, that not onely all his Cordials were freely taken by him, but for one of rhem, (which hath heat enough in it to startle most practisers) he would not be without a moment and not onely sipping of it, but
drink-

drinking of it continually night and day, so much more easie is it to convince an ingenious Gentleman (with whom Reason and Experience soon prevail) rather then Capricious Arts-men, whose too much self-respect, or error in breeding sway them, one while to accuse those Medicines of deficiency because of their mildness, another while of danger because of their heat: And indeed Generally to adhere to old and mistaken Maxims.

For so in this case when the Cure was almost finished, comes one, who finding by all was done he had never sweat, Rashly pronounces, Then he could not Live. And so in all hast writ a large Receipt to enforce a sweat, a *Mineral* therein being the main Agent depended on for producing the effect. But the Gentleman was more wary than to take it, and so contrary to his adored Aphorism, recovered without once Sweating in all the time of his sickness,

and in reason may somewhat restrain the too frequent interposing of Artsmen and attendants with their vulgar opinions: For of all who have relied upon these Medicines, none ever miscarried but two: the one by the importunate obtrusion of a Loosener; and the other by the unkindness of a far absent Brother which in sickness proves mortal like a venomous Damp.

My next instance is of one naturally of a good Constitution, and Cheerful, whose occasions inducing his too much converse with Wine, in process of time inclining to the Dropsie, and in fine swelled his belly, took away his appetite, sometimes he had stoppage of his Urine, and sometimes made reddish water, under which Infirmities he remained long, though he used the best counsel and Physick he could get; but instead of amendment, fell into other extreames; for his flesh every way abated, his strength utterly failed, his belly

belly sunk and clung'd to his back, no stools but by Glisters, nor could he eat one bit of flesh-meat at any rate, nor ought else but as he forc't it down. In this sad plight he desired my assistance, and in fourteen dayes with medicines of this kind onely, his appetite and digesture were recovered, his strength restored, his flesh and countenance well likeing, his belly in due state, his urine and stools naturall and he so blyth& jocund as was wonderful to all that knew him, and so continued for above four months: But his occasions still misleading of him; and upon a frolick overgoing his strength he fell ill again, and then unhappily waving the means which had formerly helpt him, took a resolution to be his own Physician, by help of such Books as were then in repute, where-with he tamper'd so long till he was past recovery, his Distempers being far above the reach of Book or common, Medicine.

The

The next is of a Gentlewoman long under Physick for Distempers of the Breast, as Cough, shortness of Breath, Feaverish, extremely wasted in body, and sunk in Spirits, hardly eating or drinking but what she vomited purged; and vomited and bled, she had been with Issues, and her head shaved, and so left hopeless, unless by Countrey air in the Spring. This being the beginning of Winter, many questions and much discourse I had from her, as whether I had ever seen any one in her distemper, or had ever cured any: Also what means I intended; seeing as able Physicians as *London* yielded prevailed not: I told her 'twas not my way to speak either of my Experience or Performance, that if the party who advised her to send for me had not satisfied her therein: And withal, that I was not apt to undertake, but where I had ample hopes of Cure, he was too blame. And
what

that I did believe and was well assured that there was both more proper and more powerful means in being, than Physicians were usually acquainted with, and by which with Gods blessing, I did not doubt to cure her, as hopeless as she was, without either purging, or vomiting, or bleeding, or issues, wishing also her Hair had been spared, as the chief comfort of so weak a Head, with this she chear'd a little.

So I fell to work with my real Medicines, and in few weeks time so far prevailed, as that she frequently went abroad that Winter: nor kept the house any more on this occasion,

Another Instance is of a Girl about four yeares old, that by a Fever and Consumption, and much Roving Physick was in a hopeless condition, yet in a weeks time by these Medicines onely, perfectly recovered.

A young Gentleman came to me about noon with an Ague most terribly
sha-

shaking him, to whom I immediately gave half a Pint of one of my Medicines well heated, which was the usual way by which in the great Ague Year abundance were cured: He drank it off at two draughts, and it stayed with him, but within a quarter of an hour it made him vomit very largely, and thereupon he became instantly so well, as I would have had him dine with us; but excusing himself he fell fast a sleep for two hours, and never had the least Grudgings after it; which is the more to be noted, because it's frequent with the same Medicine to stay vomitings when the body any wayes stands in need thereof.

A young Maiden much depressed in Spirit, and swoln in body by unkindly Obstructions, which she could finde no means to dissolve, upon the use of one of these Medicines appropriate to those distempers, perfectly recovered.

A middle aged Woman, troubled
grie-

grievously with Hyftericall distempers taking a good quantity of a Medicin thereto appropriate, recovered; as abundance more have done, by the same and the like means: for in this, as in most other Distempers, Variety proves of very absolute advantage.

Also a young Lad, lying more like a dead than a living childe; taking a small quantity of one of the Medicines for that purpose, in short time voyded Wormes and recovered, as many others also have done, who have been thought to have had Wormes though they voyded none.

A young man being in a tedious Fever, and finding no relief in much Physick used to him; a friend of his sent him often small quantities of my Medicines, which those with whom he was, scrupled to let him take; being told, they were too hot, and altogether unfit for him in his case, which was near unto a Pleuresie: Yet doing all they other-
wise

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wife could, growing worse and worse, his friends urg'd him to remove to their house; which being done, weak and ill as he was, and he then plied awhile with diverse of them, his Cure came on very fairly. But on a sudden was almost choak't with a mass of thick putrid phlegm, which yet, sipping upon a Medicine peculiar thereunto, for some continuance; it so ripened, raised, and freely expell'd it, (as is usual with it in all cases of phlegm) that he instantly and perfectly recovered.

Another Instance is of a Gentleman, who with his Lady being in Town upon Law occasions in height of Summer, fell into an extreme Fever: She having had full knowledg of the recovery of some of her friends, by the use of my Medicines, when all other means prov'd fruitless; She of her self singled out one of them, which upon occasion she had used her self also; and so possess't her Husband with confidence therein, that
he

he solely relyed thereupon, and with the expense of about three Pints of it, perfectly recovered : and which hath drawn their affections so towards it, that they have had often of it, and diverse others of them, for their Family occasions.

Another is of One some Thirty miles from *London*, long tired with a violent Fever, that admitted no check by the utmost endeavours of a skilful Physician; but having formerly had good experience of my Medicines, withstood all denial, and hasted a friend to me for a Pint of one of my Medicines, which he named, and a small quantity of another, and what else I would send him : So, I sent him the Pint of the first he nam'd, and six Ounces of the next, and as much of another, and three Ounces of a fourth sort; which being soon with him, although many cautions were given him, in respect of their heat, he being, as was told him, scorch'd and scalded from the tip of his tongue down to his Navel; yet being

being sure of what he did, he no sooner set sight of the largest Glasse, but he catches it, and drinks a good sound draught of it, and so time after time, till he had taken all of them: and very much mending thereupon, sent for another Pint more of the first he had sent for, with this *Commendum*, That he hoped to see me suddenly: and was as good as his word.

And seeing thus is their general performance; helping and recovering in the extremities of thirst, and most violent Inflammations; notwithstanding their manifest heat: It were but equal, all such false-accusing and unreasonable Cautions should for ever cease, or be never more regarded, by whomsoever uttered; and that whoever henceforth urges their familiar mildness, as a note of their Insufficiency, (as our Mineral Practisers use to do) when thus they have constantly manifested their power and efficacy in most dangerous cases:
may

may themselves be noted of perverseness in endeavouring to affright and debort people, from their safest and most effectual Helpers, to a dependence on what is either insufficient or hazardous.

And truly some others, besides the last mentioned, in their extremities have found strength enough to break through these and the like cobweb-snares and scruples. One more especially : who, after traversing the usual course of Physick through and through ; as purging, vomiting, bleeding, with Juleps upon Juleps, and Cordials upon Cordials of the best currant : and finding no amendment or abatement of his most violent heat and thirst ; grew importunate for some of my Medicines, even to impatience ; which, though sparingly allow'd by his Physicians, and under usual cautions for their heat ; yet he took of them nevertheless freely and plentifully ; and upon a sudden became so perfectly well, as was sufficient to have

converted a hundred Scruplers.

And was not wholly fruitless : For, after this Gentleman walk'd abroad, using often to visit me, as one was treating with me about my Medicines for his Friend in a high Fever; upon tasting of them, objecting their Heat, as improper in such cases : This Gentleman noting it, says to him, *Sir, let no body abuse you with such doubts; for I my self being in as high a Fever, with extremity of thirst and burning like the very fire, as I verily believe could not be exceeded; yet when all other means proved vain and ineffectual, these cool'd me, quench'd my thirst, and cured me.* But, says the other Gentleman, *You took them then very warily, and in small quantity :* With that he catches a Glass which held about four ounces, says he, *When I was at worst, I drank thus much at a draught, and often.*

But, untill men of parts, art and practise enable themselves better to distinguish of Heats, and more accurately to dis-

discern of Virtues proper to Humane nature; but continue perversly to determine, that because this Medicine is as hot as Sack or White-wine, conclude it therefore as improper and dangerous to be administer'd in sickness; or, because this or that Cordial Medicine is so mild, that people in health drink them as familiarly, as Burnt Claret or brew'd White-wine; therefore, alas, what power can such have in Putrid Fevers, and Pestilential Distempers: till they blush at such unphilosophical arguings, and search deeper into the Mystery of Heats and Mildness, and take in dayly some grains of Self-denyal, they will be apt either through partiality, to speak worse of things, than they know they do deserve, or through error to speak evil of things they know not: and either way are improper Guides, ever inclined to mislead the distressed in their greatest extremities; and which renders this evident Test of Medicine of

real and infinite use in such doubtfull Judgings.

But it fell out generally, if one said I am dry already, and these will make me more thirsty; I am obstructed, and these cannot but be binding; I sweat, and these will certainly increase it; I am subject to be disturb'd in my head, and these must needs intoxicate: It was great odds but some or other would soon assure the contrary from their own experience. All which their benign qualities, and exemption from evil, they really ow unto their coherence with the true Humane Complexion: a Conception, though absolutely requisite to the *Art of Health*, yet, I doubt, too great a stranger to be suddenly understood, or be bid welcom among Artists, so generally prepossess'd; yet Time and a good *Touchstone* may make even the stoutest stoop to reason.

My next Instance is, of an ingenious generous Gentleman, who by violent exer-

exercise had so overstrained his body, that he was not able to go without much pain; after some discourse, I sent him two pints of two several Medicines, the one being to be frequently taken, and the other by two ounces every night: and by thus using them, he perfectly recovered.

Likewise the same Gentleman, sometime after, being sorely afflicted with the Toothach, having taken many Medicines in vain, complaining to me of it, I told him, I thought he might be certain of help that night, by taking a small quantity of one of my Cordial Medicines: at which he smil'd, and ask'd me, How a Cordial could help the Toothach? I said, By extinguishing the venom that caused it; and it was rather questionable, What a real Cordial Medicine could not do. Nay then, says he, If you are so confident, pray let me have one. So I gave him onely two ounces of one I had good experience of,

half to be taken that night at resting time, a little warm'd in his hand; and the other part, if he needed it, after his first sleep. The first cur'd him; but for more security, he took the rest next night, and so was thoroughly well; nor have I ever found a more certain course in this painfull distemper, though not always so suddenly; and then should be longer continued, with abstinence from Wine and all gross Diet, which further all Cures.

And since this performance; It hath not onely done this Gentleman the like service; but when at any time he hath any ways been indisposed, & sometimes he hath been so feverish, that he hath thought there was no way but by bleeding; yet even then two ounces of the same Medicine, or at most four ounces for twice taking, hath not failed to discharge all to his full satisfaction; plainly also shewing, that a kindly true humaniz'd Medicine, may be proper and effectual

Qual in several Distempers.

Another seeking my help, was a Gentlewoman : Her Servant brings an Urinal, desired me to look on that Water; I told her it was not my way : She ask't me, how then I would understand the Disease? I ask't her, if she knew any that could tell whether it proceeded as it was from Man, Woman or Child: She said, she could : I told her, in that she knew more than any Physician could be sure of, let him pretend what skill he would ; and that unless she had somewhat else to say, I should talk no longer with her : With that she nam'd a very worthy person, and some of her Infirmities , that she had been long under Physick , but yet remained in extreme weakness. Many questions I ask'd her, which she could not resolve, and so desired I would give her a visit : I told her, I did not use to visit any ; but if she pleas'd to send one to me that could acquaint me expressly with her condition,

I would assist her the best I could.

So next morning, her Sister came to me. But instead of farther informing me how she was, she onely importun'd me to see her. I told her, I did not avoid visits, because I was unwilling to attend any; but as not judging it needfull, my experience assuring me I could perform as much upon good information, as upon sight. She seem'd to muse at it, yet would have no denial, but I must promise to see her without delay; which I performed: and truly she was brought extreme low, look'd like death it self, and even hopeles of recovery; giving me withall so clouded a countenance, as much dislik'd me. But setting me by her, she related to me the original and progress of her Distemper, how long she had been ill, what abundance of means she had used, by advise of such as she knew both able and faithfull; and yet nought availed, but that she was as I saw her.

Upon

Upon which, I told her, I did believe there was yet other means and more effectual than had been used : She said, Every one spake well of their own, but she found little comfort ; asking me whether I ever saw any in her condition? I told her I had never seen two persons in all respects distemper'd alike: She askt me whether I had ever cur'd any in her case, or like it? I ask't her, whether she would not be well pleased to be the first? She said, she did not like to run any hazards. I told her, if she refer'd herself to me, she should run none at all ; for what I intended to give her, she should, if she pleas'd, see me or any in our house take the like quantity of the same before her. She said, that was fair, but then how could things so familiar, work out such a mass of rooted corruption, as she was loaded with in every part of her. I told her, I did not doubt of it, and that she should find all her distempers insensibly vanish ; and that by such pleasing means,

means, as she would never be unwilling to take. With that she smil'd, and wisht she could believe it. I told her, there lay all the difficulty ; because as to that point, how far my words were to be credited, I should be silent ; she must be satisfied of that some other way, and ought to have been done before I was sent for : and with that was taking my leave. But she stayd me with a Glasse of Wine, and offer'd me money ; which I refused, being unwilling to be so ingaged. So she wisht me to prepare what I thought needfull for her that night, and she would send for it, and in the morning I should hear how she was, and would take what I sent her, and observe my counsel solely.

Which she did most exactly, though there wanted not who would have been busie with their gentle Purgers, as they somewhat undeserveably intitle their Loosners ; which usually cleanse but as dirty becsoms, that too often make a worse

worse kind of filth than they avoyd, and more dangerous, even to the defilement of the Bloud and Spirits. But as hap was, I had her promise against all intermedlings; and in little more than a weeks time made all my words so good, (and that solely by Medicines agreeable to this Test) that she went immediately and chearfully into the countrey, taking for her *Vaticum*, a good quantity of a Cordial fit for the occasion.

And the circumstances of this, and many of the other instances warily observed; as on the one hand they manifest that generally it is far more difficult to perswade Patients of the possibility of their cure, than to cure them: so also, how apt they are both to give large credit, where they have cause enough of scruple, (as in the common road of Physick) and to distrust where there is no cause of fear at all; and this for want of some certain marks of distinction upon Medicines whereby to guide their judgments,

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ments, which possibly this, or some other *Touchstone* may henceforth happily supply.

Besides, in all my Observation of her confused complicated Distempers; I could ascribe them to nothing more, than to the variety and frequency of purgative and vomitive Medicines, she had long time been accustomed to; as believing such Distempers impossible to be otherwise removed: yea so bewitched are most people therewith, that they never think or speak of Physick or Medicine, but they intend Vomitors or Loosners, as if nothing else deserv'd the name of Physick, but such as brought them pain or torture; frequently left them in misery, or prepared for future mischief: as this Gentlewoman sadly found to her cost. But it's hopeful, time and a little consideration will produce a better understanding in matters of so great moment.

Whilst this Cure was in agitation: a
Child

Child in the countrey, very dear and nearly related to them, being extremely ill, my help was desired; I sent onely three ounces of one of my Medicines, by which it recovered.

Many other particulars, worthy note, have been since performed by the like Medicines, for this worthy Family and their alliance; divers large quantities being frequently fetcht, for their occasions, and to their contentful satisfaction: plainly shewing how much may be performed, where there are store of such real Medicines, without the nicities of Urines, pulses, and such predictive curiosities, which too often distract both Patients and Physicians, or but rarely assist them to any material indication.

Another Lady, some miles from *London*, in a most terrible Fever, and after long proceeds in the best of usual Physick, farther to seek, and more threatned with the saddest issue; being persuaded by a friend, sent for some of my Medicines;

cines, by allowance of her Doctors. I sent her six ounces of one most appropriate; and sending again, I sent as much of another; and next time, of the first the like quantity; by help of which she perfectly recovered, with very thankfull respects to her Physicians, for their so signal freedom and self-denyal in her preservation.

About this time I received a Letter from a young Gentleman, a stranger to me, concluding I could certainly cure him of many distempers therein related, chiefly a violent pain in his Head and Breast, which had cost him much in Physick without any benefit. I sent him a Pinte mixt and made up of two of my Medicines, advising him to take it in equal parts at four nights, which he did; and immediately after came with a great deal of joy, telling me he was perfectly well: and which occasion'd many of his friends and relations, people of quality, to apply themselves to the use of these

these Medicines for sundry infirmities, speeding no worse than he had done: and some of them receiving that satisfaction from them, which they could hardly believe within the power of Art to have effected.

Which I thus express, to shew that it is no absurdity, even for Persons of Honour to put so much trust and confidence in some Students or Arts-men; as to take freely and without scruple those preparations, which they judg requisite for their recovery, though they know no part of their Ingredients, as these worthy persons most readily did; deeming it no disparagement at all to be governed in such cases, wholly by an implicate Faith, as some censoriously term all trusts of this nature; whose overmuch wariness is generally punished with false stories of what is given them, or with supplies onely of vulgar insignificant Medicines, and so by being over careful, too frequently trifle away their lives

lives and money: for an Arts-man subsisting by his Art, being owner of it no longer than he keeps it to himself, nothing can be more improper or unwelcome than to ask discovering Questions; nor would it need at all, where such a Test as this once comes to bear rule amongst the Noble or ingenious, because upon tryal every one would and might freely trust as he had occasion.

Another young Gentleman was recommended to my care, who had wearied himself out with seeking remedy for a long settled pain within the uppermost part of his breast, and sharp painfull Rheums in his head, with a cough, and an Hectick Fever. The first I gave him was onely four ounces of so fortunate a Medicine, for two nights, as quite took away the pain of his breast; after which applying himself to some others of them his Constitution became so renewed and fixed, that I believe in maintenance of their innocencie and efficacie, he would
not

not fear to enter the Lists with the most captious or capricious Artist; nor in the most contagious Time or most violent Distemper, would be drawn to depend on any other, either Preservatives or Remedies.

Another instance is of a Gentleman of worth and judgment; whose Lady, newly delivered, and her child dying, fell into a feverish sadness. He wrote to me her condition, with this also, that he knew nothing so fit for her, as some of my Medicines, desiring I would send such as I thought good: so I sent only four ounces of the most appropriate, which she took, and after that, sent for the like quantity of the same, and once more for the like also, with which she became perfectly well; and if this tender case do not sufficiently prove their heat to be innocent, and their mildness to be accompanied with power, it must be sure with those with whom reason is of no validity.

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One whose children had often been recovered by my Medicines, came hastily upon me from a friend of his, whose young Daughter of about Fourteen, was as he said, in a very hopeless condition, earnestly desiring me to go and see her. I askt him, how long she had been ill? He told me, a long time, and the best advice and means used, but all in vain. I told him, I had declined the usual way of practise, and visited none, nor was willing to meddle where others had the care. He said, her father had lately buried two very hopeful children, and so much feared this, that he was resolved she should take no more of them; and so much importun'd me, that I went with him; finding her quite wasted and almost breathless, and in a very high fever; I spake cheerfully to her, & raised some hopes in her and her sad friends, wishing them to send to me within two hours: So I sent her three ounces of an appropriate pleasant Medicine to take

two Spoonfulls every three hours, and to send for more when it was spent. She took it with delight, and so with the use onely of this, continued for about Eight days, she went well abroad, and kept within no more through any infirmity.

One whose child I had formerly cured, passing by, seemed full of care, and being gone a little, returned suddenly, and told me her child that I once recovered, was dangerously ill, and that she had been with a Physician, an old friend of hers, who ordered her to be bled, and ask't what I thought of it; I told her, 'twas improper for me to meddle in anothers business, yet that it would be fit before the child was bled, being not above five years old, to advise with some others; and ask't her, if he had directed any thing else? with that she shewed a Glass with about three ounces of a very ordinary weak Julep, which after I had tasted, I gave to a Gentlemen of skill and

D 2 learning,

learning, desiring his judgment of it in so dangerous a fever : and he saying it was very mean, she ask'd me if I could give her any thing more effectual, and spare her bleeding ; I said, I thought I could ; and filling a Glass of about two ounces, gave to her and the Gentleman to tast ; and he saying it was full of life, she hasted away with it, and gave it to the child, by which she recovered perfectly without bleeding ; which may possibly excuse this irregularity.

Another instance is of a young Merchant, somewhat consumptive, exceedingly troubled with continual pains in his head, who after long toying under Physick, desired my advice, but withall said, he was inclined to the use of that a Friend of his had received much good by, and it being very proper for him, he took with him a large quantity, and lives very comfortably in the frequent use of it, resolving where ere he is, not to be without it, or some other of its neighbour-Medicines.

Ano-

Another young Gentleman, who had contracted a very ill habit of body, by being so surpriz'd with Snow in the night, that he was almost frozen to death; yet in time somewhat growing it out, settled in *London*. Where he remained very uncomfortably, full of pains and weakness, which he endeavoured to remove by all the means of Physick he possibly could imagine, but instead of prevailing, growing worse and worse, he came to me, desiring my help whatever it should cost. He had continual pains in his head, with want of stomach, soreness all over his body, a most heavy dullness and indisposition to his occasions, took joy in nothing, as was too easily discernable by the sad aspect of an ingenuous countenance. I gave him a Pint of a very general Medicine, which he was to take by little and little in a weeks time, holding it always a good while in his mouth before he swallowed it, which he carefully observed, and

and fetcht another Pint; and so by three or four Pints became perfectly well; & occasioned divers of his friends to make use both of this and others: and oftentimes upon sudden illness made use of them himself, to his constant satisfaction.

Another instance of their benign qualities, agreeing with this Test, is of one near Fifty, who very much pleasing himself on all occasions with small Mineral Pills, mightily cry'd up for all manner of virtues: upon an extreme Cold taken falling into a Surfet, with a violent Fever, vehement thirst, and tedious fits; advised with the Author of those Pills, who ordered him to take a certain number of them, which working both ways with him, and yet worse upon it; sent again, and was ordered more; but being still worse, he sent again, and was still ordered to take more; which he not liking to do, sent his Wife to me, his condition then being very dangerous: who

who relating to me all I have exprest, I told her, He who first had him in hand, ought to amend his error; and that it could not seem meet for any other to meddle; none knowing so wel as he, what he had given; and that if things never so safe should be prescribed, and the event succeeded not to his recovery, the blame might be laid nevertheless upon it; and so advised her to return to him: She said, He would give no other but those Pills, and she was sure her Husband would take no more of them; earnestly desiring me to send him somewhat. I told her, I would send him nothing but what should be as safe as breast-milk for children; but it shuld be she, and not I, that should undergo the issue. So I gave her a Pint of an appropriate Medicine, which he took by two, three and four ounces at a time: and so with the use of two Pints more, perfectly recovered, thankfully acknowledging its wonderfull effects, especially in quench-
ing

ing his thirst, which he thought impossible; by a Medicine so apparently hot: But sayes he I perceive now it is but an abuse to bid beware of their Heat (some or other having been busie with their cautions) for it coold me and quencht my thirst, and extinguish my Feaver, in the most contentfull manner imaginable.

Another Instance, Is of a Gentleman of middle age, who upon Heats and Colds, much intention of business and neglect of usual Dyer, fell into an irksome frequent provocation to Stool; but with utmost striving voyded nothing, desiring my advise I gave him over night three ounces of a General Medicine; for which next day he gave me hearty thanks, his body then working naturally and sufficiently: Though this Medicine, I believe was never exceeded in staying of Loosnesses, which shews it to be of the true Humane strain and virtue.

The

The same Gentleman long before this upon every Cold taken falling into a dangerous Quinsie, and stil thereupon bled in the Tongue and in the Arm; with the general course of Physick usual in such cases: and every time more and more threatning; I at length told him this way could not but so impair his nature, that at length it would fail him and leav him in the lurch when he stood most in need of help, & withal that by a good and real Medicine this flattering way of bleeding might be prevented: So next time he took my counsil, and by four ounces of an appropriate Medicine taken for two nights; it discharged the Quinsie and prevented bleeding and all other inconveniences, and was never since troubled after that manner.

The same person at another time, so Heart-sick and Feaverish, that he thought it impossible to escape a dangerous fit of Sicknes: by one three ounces of a Generall Medicine, instantly and perfectly recovered. Also

Also this Gentlemans Wife having had many fits of Sicknesſes, and ſome very threatening and dangerous; beſides her Breeding times, times of Labor and Lyings In, depending generally upon theſe Medicines never failed of her deſired help: nor ever uſed other as upon importunity, ſometime ſhe hath done, but ſhe repented it; as ſhe hath often ſadly acknowledged: Being now fixed to their uſe paſt all removing; her Children have often recovered alſo divers dangerous diſtempers and fits of Sicknesſes: And her Mother although ſar in years and ful of infirmities, occaſioned originally from unhappy advice to bleed in her youth; and alſo by preſcription of Mineral Vomits, yet by the conſtant uſe of theſe, though in ſomewhat ſcanty quantities, hath been preſerved beyond all expectation, maintaining a pregnancy and cheerfulneſs hardly to be found in younger and ſtronger people; ſo exceedingly doe they oppoſe the imprefſes of Age and Sickneſs. Ano-

Another instance, Is of a young Gentlewoman, who after a long journey into the Country and different Diet, upon her return to London, upon drinking Milk and over eating Summer Fruit took a Surfit with an high Fever, accompanied with vomiting, soreness of Throat, tedious empty coughing, which brought her so extream low, as was thought impossible for her to escape; yet continually taking plentifully of divers of these Medicines, and no other (though much urged) she at length beyond all hope recovered.

Which plenteous taking is the more to be noted; because therein, in difficult Cases, chiefly rests the efficacy, and without which people do but Flatter themselves with vain hopes of wonders from smal matters and little charges; a humor which hath cost many there purses, and too many their lives, to be rid of painfull dangerous distempers contracted by their boldness with cheap
Physick

Physick, which ever and anon are obtruded upon the over easie and credulous who rather then their lives would faine be cured by miracle, that is for nothing.

Besides I have observed some gross abuse, these reall Medicines have suffered by the crafty unfairness of some practitioners, who when after long endeavours in their usuall way of purging, vomiting bleeding, &c. And their Patients as quite tired growing importunate for some of my Medicines, they have usually given way for a smal quantity; and then noting the smal effects of things so much talkt of, turn to their patients and relations, telling them they may see they are but as other things, sometimes prevailing and sometimes not, and so at once disparaging the Medicines, and clear their readines to allow of any thing for their recovery: an unbeseeming subtilty I found more frequently than is imaginable, and from some, who carry it very smoothly: of which one instance

instance may be needfull.

Being cal'd in all haste to speak with one, A maid attending told me her Mistress who lay very ill desired something to stay her vomiting, for she could not retain any thing she took, I askt where she dwelt, and perceived her to be one, who had been well acquainted with my way, a young daughter of hers having been cured by my Medicines : I askt what Physicians she had, and divers were named, I askt whether she came with their allowance, she said she did, at which, as I wondred, so I apprehended all hope was over, and scrupled sending any ; but the maid would have no denial ; so although I saw it would be to no purpose but to undervalue my Medicines, yet out of my respects to the Family, and their want should not be imputed to obstinacy in me, I sent two ounces of a Medicine, that taken in due time had stayed many such distempers, advising more should be sent for as there

was

was occasion : But as I feared it was but a little time after that I saw all her relations in Black.

All which I have thus particularly exprest, That henceforth it may be seriously minded, how absolutely necessary it is, upon every occasion their aid is deemed requisite not to defer their use too long, nor to give over too soon, nor to scruple to take them in full quantity ; and in so doing none need to doubt a comfortable issue : nor are the ingenious to blame me if hereafter I withstand all such insignificant tamperings, possibly to palliate the mischievous error of a Mineral, with which the wariest are frequently too bold, to the irrevocable detriment of bewailing patients and ther relations.

My next instance of their innocency & efficacy, Is of a young Gentlewoman, halfe gone of her first Childe, who being a while in the Country, under far different accomodations than what her abode

abode in the City plentifully afforded, with some unusual stirring in business, soon after her return, fell into a dangerous Fever, with vomiting, bleeding at Nostril, startings and extream pains in her back : her husband finding the distemper violent and threatening, advised with her Friends, and sent for such Physicians as they liked, who for divers weeks dayly visited, and administred to her with all possible care and tenderness even till every of them were hopeless of her recovery ; her distempers not only proving obstinate against all means they could imagine, there being no spare of cost ; but ran hourly into higher degrees of danger, upon which her husband lamenting her condition to me, I told him I feared he would find her distemper far above the reach and controul of the usual Physick, which he at length found too true, in that after all they could doe, her inflammation heightened into distraction & perpetual restlessness,

took

took nothing but vomited as soon as taken, painfull and tedious fits every night, wasted to a very Skelliron, meer skin and bone, nay so ruffe and shrivelled, as seemed more like Fagot-sticks, & under intollerable thirst; So as nothing but inevitable Death was hourly expected, in this her wofull plight her husband full of grieve and fear desires my assistance, I told him so long as there was life there was some hope, and that possibly there might be yet means for help, whereto I should be most ready were it not that she was in others hands, he said all was at an end, & none could blame either him or me justly, however he would bear it all, earnestly pressing me to do my utmost: whereupon I gave him somewhat above two ounces of a general Medicine, which that very night gave cause of hope, and so plying her both day and night with variety, and large quantities of these real Medicines for a long time by degrees her fits abated her thirst ceased

sed, her rest and appetite returned, her vomiting left; and after a while her flesh and strength was restored to a good condition: and in conclusion most happily and perfectly recovered, her Childe also born alive and without blemish, to the abashment of divers her Friends and Visitors; who usually threatned she would undoe her self by such hot Medicines, and bring a raw and scalded Childe into the world: but indeed how could they well do less hearing continually as they do the wary cautions of the learned against the use of hot things in such cases but sure there are hopes, such instances as are here plentifully discovered will in time incline them better to distinguish of Heats; for during the whole time of her taking them, there was not the least ill effect to be charged upon; them though upon some accidental relapses she took in a short space a pint and a halfe of one of them: every benefit of nature also being constantly pro-
F cured

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cured and injoyed as freely and orderly as could be wished: So that both she and her husband received so great an assurance of their innocency notwithstanding their heat, and of their efficacy and power, for all their mildness & pleasantness That under God, they have both for themselves, their children and Family, solely depended on them ever since, are never without good quantities of them alwayes in readines: and have time after time told me so many remarkable stories of their happy performances, that were I to recite them; in likelyhood they equall halfe my Instances which shewes how proper and beneficial this kinde of Physick would prove for Families.

Nor did he deem them deer (which some having nothing else to say, are wont to object to withhold and restrain their use) his first course of Physick under which she was not recovered, costing him three times more than this that restored

restored her to her health.

But if this seems not cheap enough, what will they say to this which follows; for one who was very sensible of this cure and the means thereof a while after falling into a most violent Fever, and into the hands of the most eminent Physicians; who yet doing all they could prevailed nothing : and he in his extremities calling often for some of my Medicines, either not understood or not heeded : at length when every one thought him past all hope, and in Convulsive strugglings of Death; as himself after told me, those very motions, which those who stood by him deemed no other, but the immediate preface to his Death proceeded solely from a strong perswasion in his Dream, that he was drinking full quantities of my Medicines for they told him that he often eagerly lifted both his hands up to his mouth, and down again; and so up and down til he fell fast asleep, and waked in a well

composed condition, which hourly improved to his compleat recovery : and I think he owes my Studies at least a great good turn for it : or who will not say this Cure was too too cheap in Conscience.

My next Instance is, of a Gentlewoman, who upon many occasions of distemper had continually found help by my Medicines ; but being neer to other Assistance and much out of order ; took something that brought such unusuall pains and shootings about her, that she knew not what to think of her self, indeed very like to the occult remains of Mineral Medicines : and soon after fell into a violent Loosness with extreme Gripings : So upon a sudden I was sent to, and I sent her a quarter of a pint of an appropriate Medicine not used to fail in such Cases, which being all taken a little warm, perfectly recovered her.

But the last cure ended not so ; for within two dayes after, the Husband of
that

that Gentlewoman came hastily to me, sadly lamenting an elderly Friend of his who lay in a very hopeleſs condition, by occaſion only of a Cold at firſt, turned to a Surfit and Fever, which under his Phyſicians hands increaſed upon him and being bound in his body, they gave him various looſning or purging Medicines: but yet do what they could nothing prevailed, but ſet him into extreme vomiting, which what with the fears of his Phyſicians and his own, very much aggravated his miſery : They excuſing the not working of their Looſners, by a Rupture the Patient had had for twelve yeers, ſaying, his Gutts were twiſted, and rendered it impoſſible to move his body downward ; ſo ſtrongly conſidered are they in uncertainties notwithstanding their exact curioſty in Anotomy, in Circulation, Sanguification, Fermentation and Chilification ; by which they would ſeem to take their aim ſo right as not to miſs a Hairs breadth of a Diſeaſe.

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I told him, he might too easily perceive there was small hope of life, and the rather, because he was loaded with so many Laxative Medicines, which confounded nature and occasioned those perpetual provocations to Vomiting; but that withall, I did not believe his Guts were twisted; or that it was impossible to move his Body downward, if it were fairly attempted by some kindly and powerfull friend to Nature, not loosning; but such as by its benign quality would perform what the Body most needed: He said it seemed strange the Body in such a Case should be moved downward without a purging Medicine, being so extremely obstructed as his was: yet what I thought fit, he knew he could perswade him to take: I told him, that he might plainly discern the truth of what I said (there being indeed nothing more proper) I would send him the very same Medicine to loosen his friends body, which I had given to his
Wife

Wife to stay her loolnesse, and which he knew had cured her : So he took with him halfe a pint of the same, to be given by four spoonfulls every hour, till it was spent : after the third taking he Vomited a little ; and after the fourth his body workt downward very effectually, which put him into so much hope, that he rested wel that night : But next day altered again, more I believe through the venomous nature of the Laxatives by which his Spirits were perplext and wasted, than through the distemper it self ; Besides he was far in years and weakned by his rupture : yet next evening he sent for half a pint more of the same: But lived not to take any or very little of it : yet was exceeding thankful to his Friend for performing so much as he did for him, seeming to believe the same means taken in time, was likely to have cured him : And though it did not ; yet may well stand as a real Medicine: and agreeable to this *Touchstone*, in its main and

most probationary Character.

Nor did this thus end neither; For this Sick mans Sonnes Wife a young Gentlewoman in the House; having been long ill with a continual Weakness and Sicknesse at Stomack; observing the kindly operation of this Medicine, resolved to take the remainder her self: and by degrees took all; but blam'd her self exceedingly soon after; because for about a weeks time, she frequently vomitted, and feared she should be worle upon it: but her fear proved all her harm her vomiting not only soon ceasing; but all her other pains and sicknesses, with much joy and thanks to her friend who made her acquainted with it: And this effect I think, if any thing were wanting compleats the Character: and shewes also, how beneficiall it is to use Medicines of so general and safe a nature, that never decay, nor so much as a spoonfull over-case away.

Another Instance is, Of a Gentlewoman

man, who being with one that for some
space of Scurvy and Dropsie, was taking
a Vomit; she also upon small perswasion
took the same quantity; which so altered
the state of her Stomack, that long time
after she was frequently molested with
extream pains & sickness; which cost her
some Doses of my Medicines by starts
for ease; but not followed: but one fit
at last she had above the rest, that she
thought a Preface to her Death; yet ta-
king upon four ounces of Appropriate
Medicine in lesse than a quarter of an
hours time perfectly cured her: which
with the many other benefits she receiv-
ed from my Medicines, before and since
in the Sicknesse time; and other occasi-
ons hath wrought so effectually upon
her estimation, that she perswades all her
friends and acquaintance to depend sole-
ly upon them.

A Gentleman in an high Fever, and
violent tooth-ake; taking two ounces
of an appropriate Medicine, in one night

it drive out a large swelling under his Ear: which next night upon the like quantity of another, was very much asswaged, and next night after the like quantity of a third, quite discharged and perfectly cured him.

A middle aged man taken suddenly with pains, and giddinesse like as the entrance of the Pestilence, taking instantly four ounces of an appropriate Medicine; immediately recovered.

Another smitten into a most violent Feaver withall imaginable signs of the Sicknes: yet plyed continually day and night with variety and large quantities of these Medicines, recovered without any swelling.

Another extreemly pensive with thought of the Sicknes, and hasting out of town: feeling many signs of its approach, taking with him good quantities of these Medicines. and using of them plentifully, escaped the Infection.

And the same Gentleman since, upon
such

such violent fits of distemper : as he thought could not possibly end, but either with death, sickness and tedious course of Physick ; yet through Gods goodness hath never failed of help and recovery sometimes by one, and sometimes by variety of these Medicines : and which he acknowledgeth to have done him singular service in his journies and at the Bath ; where for want of such kindly helpers, depending upon whats improper : Its to be feared many fall to the dishonor of those excellent Waters.

Another instance is of a Gentleman, who recovering his lost Appetite, by the frequent use of divers of my Medicines ; having been long troubled with the Gout, which generally afflicting him in a part of his foot, was now flown into the upper back part of his shoulder, with such painfulness as was intollerable, I perswaded him to take a full quantity, or dose of an appropriate Medicine, being neer upon four ounces, which

which suddenly sickned him extreemly, and inclined him to lye down upon a bed, where instantly he fell into a sound sleep for at least two hours; and wak'd heartily well and cheerful free from all touch of pain or sickness: And this from no sleepey or stupifying quality in the Medicine; for I as carefully shun all enforcers of rest; by *Opium* under any form, or under any correction, as I doe the use of Minerals; as weakners of the Nerves and destroyers of the animal Spirits.

Another Instance is, Of one who sadly complained he was sore all over his body, hardly able to stir, giddy headed, had no appetite, but such a nasty taste upon his palate, and in his stomack as was extreame loathsome: It was not a time of Pestilence, though these signs signified little lesse: I asked him what he used to doe when he was sick, he said his wife used to make him a *Carduus Posset*, I bid him get one instantly and drink well

well of it : but an hour after bethinking my self how dangerously ill he was, and that if that night were trified away, all help might come too late, I went to him and found him sitting by his fire very sadly ; having taken nothing nor any thing providing for him : so I gave him about three ounces of an appropriate Medicine, with which he rested well all that night ; and next morning standing at his dore I askt him how twas with him, he said never better ; but that he had now a great swelling behind his ear, I was glad I had done as I did : he would have had somewhat to ripen it, but I would not, and it went down of it self.

Another being extream ill, wholly neglected all means ; but at length desired me to give him something, which I did : but being not presently well, grew humorous and would take nothing but cold water ; by which he brought himself into a most violent Fever, with thirst, flegm, vomitting, and restlessness,
and

and soon after so wild, as he was fain to be held in his bed : all which time I caused those about him to ply him day and night, with plenty and divers of my Medicines, which yet prevailed so slowly: that somewhat else was prescribed him by one who said he had all the signs of death upon him: but was not given him, so for one whole night he had no reliefe by Medicine at all : which I no sooner heard, but I presently sent him such as were proper ; as deeming it unreasonable to desist so long as there is life, having found it alwaies good, still to hope the best, and to use the utmost means ; by which divers have recovered that were thought impossible ; as this almost dying man did, to the wonder of all his friends, who during his cure, were much troubled because of his long co-tiveneffe ; but I quieted them, by telling the danger of moving his body till the venome of the disease was wholly subdued, and that in due time they
would

would see nature so enabled by these Medicines as freely and without force it would perform that and all other needfull offices ; which came to passe to their full satisfaction : but had he been attended (as too many) with such as will be asking continually, what do ye think of him ; if you think he cannot escape, pray deal plainly, that we may not spend more money to no purpose ; a course as destructive as vile and hatefull : and had it been so here, he had certainly dyed for it ; for there was no hope but in a constant perseverance.

And now I think it cannot with any colour of reason be denied, but that the Instances recited, do fully amount in their performances to what is afore proposed to be the proper effects of real Medicines, and in every respect to answer those Characters, which I have here established for a Standard, Test or *Touchstone*, to try and prove, whether Medicines are such or not, as may rationally
be

be relyed on in cases of extremity : and may as I conceive suffice to witness, both the substantiality of those Characters, and that there are such Medicines really in being : Testifying also that my conceptions of Mans true Original and of his true Complexion : unto which I have bowed all my Studies & Productions, have in no wise misled me, but so effectually governed and steered my endeavors as to render them far beyond the usual success of first discoverers, and much more true, usefull and certain than other Physiology.

And as to their extent in Cure, I have frequently and impartially compared the real Virtues and properties of these real Medicines, with all the curable Diseases (the Foul excepted, with which I never meddle) mentioned in the largest Bills of Mortallity, with Captain *Grants* ingenious Comment thereupon : I have considered seriously of them in particular : and upon the whole can see no reason

son to doubt; but that taken in time with due perseverance in their use, whether for prevention or for cure; they are likely to prove far more pertinent, safe and effectual, than any Helpers, Preservatives or Medicines; all their marks and performances considered, than ever yet were tendered to human assistance; and this even in the Pestilence it selfe, for though I staid not in *London* past the increase of two Thousand a Week; but was forced away or must be cruel where all obligations of tenderness lay upon me: yet took I care that nothing of mine should be wanting to any, who desired to make use of them; with some liberty of freely helping the necessitous: besides I had long declined Practice, visited none, nor had then so much as one Patient under my Hand: and withall had so published the Vertues and Uses of all my Medicines; as sufficed both to encourage and to instruct every one so plainly, as without further direction or

G attendance,

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attendance, every one might be in a capacity of helping themselves and their relations upon any occasion : for so I judged it most proper, both for the good of Patients and Physicians ; and possibly would soon so appear to Magistrates also in such Infectious and dangerous times, were they accustomed to note the happy union of Safety and Power conjoyned in one and the same Medicine : or would strictly hold Physicians and Practisers to such Marks and Characters of real Medicines, as would witness them to be such as might justly be depended on in that violent distemper : because being such all people might without danger confidently and freely make use of them in all states and degrees of the distemper, without any attendance or danger to Physicians ; it being true and powerful Medicines, that is solely to be regarded in all contagious Distempers : And it was no small quantity, I provided for the occasion, from my observation of a
general

general taint in Nature for some considerable time before; so there was no want of what I could furnish; at least for a season,

But yet, though I had great assurance, both of the propriety and efficacy of my Preservatives and Remedies, as whoever well weigh the instances precedent, may well believe I had good cause; yet observing how from all quarters, Medicines were loudly voiced out, as most certain in the case.---I could not at any hand bring my mind to any fresh publication, least I might possibly draw people from what was more, to what was less effectual, for more could not be expected for prevalence, then was of every of them; how they answered it in performance: after I had tasted and noted divers of them, I soon saw cause to grieve and fear, seeing so weak provision against so powerful an Adversary.

Besides to publish then a flesh, when

in reason I done enough before, and was dayly to be seen; seemed so like raising a new Mart for sale, for trade, and mony, as became not the sadness of the Season, requiring rather a giving than a receiving hand, and wherein very many to their eternal praise abounded.

But although the help I left proved more faithfull, then skilfull, disposing of much, and taking but little accompt of the success; yet it amounts to thus much that divers under God imputed their exemption from the Infection unto them: and divers their cure wholly to their use without farther help or attendance: and this too in as dangerous a state of the disease as could possibly be; the Tokens only excepted, in which I doe not know they were ever proved, though I am not wholly without perswasion, even in that dismal case, were they taken in large quantity.

And I have somewhat wondered that one, who practised much with them
long

long before; and from the beginning to the ending of that sad Mortality, that was visited; sometimes by fifty in a morning, and visited the sick all day after, and most part of the night; and reckons never were any Medicines like them for certainty, that at thrice taking of them, they never failed of cure, in so much as they seemed almost miraculous, and upon their taste, were highly approved by the Master of the Pest-house; yet gives he no account of any attempt made by him upon the Tokens, unless upon a woman, whom he saies, being speechless, and her husband urging him to procure him but a few words from her; by a quantity forced upon her, he so far prevailed, that she did speak to him to his satisfaction, but no more: And this being true, what timely taken, and continued at due distance in full quantity, gives much cause of hope; but I heartily wish there may never more be such occasion.

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But for their efficacy in preserving from the infection, or expelling the venom as soon as taken, and their prevalence in cure; I shall give for each an instance.

And the first, please to take in the express of a Letter from *London*, from one who returning thither, had furnished himself with divers of my Medicines, as fearing the worst; and at the place of my abode, thus saluted me. Sir, Next to Divine goodness, I deem myself bound to return you my hearty thanks for my present health, which had been much endangered but for your Cordials; for what through change of Aire, Diet and Lodging, with somewhat more then usual busselling in business, I found my selfe much out of tune, but could not say I was ill until the last Tuesday night: but then after the whole daies Indisposition, I was taken with a most violent pain in my head, and with not much lesse in my stomach, That I
feared

feared it could not end but with a sickness, if not the Sickness: and the more because that Medicine of your which at other times was ever pleasant to my taste; was now so loathsome that I could hardly bring my selfe to take it: but considering my necessity I forced down two ounces, which hardly stayed with me, nor did I hold it full halfe an hour; for then after much struggling in me it gave me a large vomit, immediately after which not finding my selfe so well as I hoped, though much relieved, I called for my Glasse, and took two ounces more: soon after which I fell to rest, sleeping quietly all the night, and waked in the morning as if I had not been ill at all, and so remained ever since for which I blasse God and freely acknowledge my selfe your debtor.

Then for their prevalence in Cure, Being in the Country where I wrought and furnished my selfe with requisites for any occasion: and frequently sup-

plyed those I left in *London*, with what was much wanted : not thinking of any Practice, but only for our own Family : By a Letter from a Stranger seaven miles off, I was thus treated, Sir by my good Friend Mr. ——— I understand you have a Sovrain Water for the Plague : He told me a Gentlewoman gave him part of a Glasse, whose Husband refused to take of it and died : but she and her two Maids took it and lived, wherefore I would desire you to send me a pint of it, for I fear my Servant dyed of it on Monday last : I knew by the money he sent what he intended, which I sent with a taste of another, his Wife and another Servant fell ill immediatly both having Risings: he sent for more, and often and had also of other sorts, for he spared for no cost : and the issue was, that his servant after a while recovered without breaking ; but his wifes grew very large and was long in ripening, but at length it brake very kindly, and she suddenly

for Physick.

thereupon perfectly recovered : he told his friend also he believed, he himself was three times infected, but then taking larger quantities than ordinary, he soon sensibly perceived the venom to be subdued, and deemed himself happy in having them.

Then for quick dispatch in other dangerous case, wherein the Mineralists will still presume preheminance, openly professing that without Antimony & Quick-silver, the Armory of Physick would be left despicably poor and indigent: whilst to me they seem more the Parents of Diseases than of Cures, and those dangerous and long lasting even from generation to generation in Families: but whereas there are preparations of these critical ingredients said to be as safe as the most innocent Cordials: for assurance the prescribers will not scruple the trial of this *Touchstone*. But for quick dispatch in cure, besides what the former Instances afford, I think indeed more than sufficient,
cured

cured as speedily and with far more certainty and security : yet for an over-plus, take therewith these as an over-plus.

One of which is, Of a young Man in my Country neighbor hood, weekly for halfe a yeer, after a dangerous sickness : in dead of Winter fell into a violent loosnesse, which infeebleed him exceedingly and at three weeks end, ran into the bloody Flux with extreme griping, thirst, and utter losse of appetite, working day and night and depriving him of all rest : about ten in the morning my help was desired by his mother ; so I ordered him six ounces of an appropriate Medicine to be taken a little warm in four equal parts at each an hours distance : and at five in the afternoon to let me know how he was, during all which time he had no motion to stool, nor any desire to drink : yet then I ordered him two ounces of another to be taken last that night ; with which and no other, he became so well that next day he

for Physick.

he went abroad about his occasions, troubled neither with gripes, looseness nor thirst, nor want of appetite, but so hungry that he refused nothing.

Another is of a Lad about thirteen, who from a fierce Ague, fell into so violent a Fever, that he became frantick, rising in the night in a mighty inflammation and crying out fire, fire, that the house was on fire, and sought a place to get out at: I ordered him four ounces of of an appropriate Medicine, the one half to be instantly given and the other four hours after, except there were manifest signs of amendment: and if so to reserve it for next night; the first settled him, and next night he had the rest: after which they gave me no accompt, but reckoned him well; because he went abroad and complained not: but hearing that he rested not well, nor came to his stomach as those use who recover upon these Medicines I wondered I was not sent to; but at last his mother perceiving
he

he was not like to grow it out, she came and I gave her two ounces of another of the Medicines futable to his present state; with which he recovered.

Two Children also, past all hope, recovered by each four ounces of an appropriate Medicine, given by little and little.

And another of whose life the Parents despaired: by four ounces of these Medicines recovered also.

A young youth taken with a violent Ague and Fever, and light-headed, recovered by six ounces of one of the Medicines.

A Gentleman about forty, somewhat out of order, was perswaded by his friend to take such a remedy, as he used to take himself, which putting his body into a strange confusion, with purging and vomiting, forced him to require other aid from Physicians, who although they somewhat allayed the distemper; yet he remained extremely depressed

depressed and sinking in his Spirits, which continued upon him with frequent and irresistable sighings; whereupon applying himself to the use of these reviving Medicines, in few dayes time, was enabled with cheerfulness to walk abroad, and pursue his affaires.

A Child not full a year and half old, through large and cold eating, falling into a Surfet and Feaver, with thirst, vomiting, loosness, gripings and cough; the Parents upon good knowledge, depending solely upon these Medicines, with variety and good quantity, perfectly recovered the Child, when it was thought impossible, and without any inconvenience following, though she took at least two quarts of them, in no very long time.

A Gentlewoman, who from a healthful Constitution, and good Appetite, through Cold and Surfet, falling into a Feaver, with continual Head-ach, Restlessness,

Restlessness, loss of Appetite, obstinate Obstructions, with extream Melancholly, and ever upon sinking for want of breath: by constant use of divers of these Medicines for a season, perfectly recovered.

A young Gentlewoman big of her first Child, afflicted with so violent, and so perpetual a Cough, that it was thought impossible but she must miscarry; taking every time she coughed of one of the Medicines appropriate to the Infirmary, to the quantity of a pint in one night, besides what she took the day before, quit her self clearly of her distemper, without any the least evil ensuing.

A young Gentlewoman, upon the least taking cold, or error in dyet, falling into extream pains and scavorishness that put her in strong Convulsivemotions; upon taking for two or three dayes and nights some plenty of divers of these Medicines, hath

hath ever most wonderfully recovered.

A Gentleman, through much sitting and writing, falling into a weakness of the brain and lightness, that he continually inclin'd to fall as he went about the streets: by constant use of an appropriate Medicine, carried alwaies about him, and sipping of it in small quantity: perfectly recovered, as divers others have likewise done by the same means.

One in her lying in, extreemly troubled with after pains, by taking onely two ounces of a general Medicine, found instant and great reliefe.

A Gentleman subject to a Cough, upon an extreame cold and overstraining, his body; his Cough not onely increased, but a most violent pain in his side ensued, which so tormented him every time he cought, that tore him as it were in peices, yet in some four dayes,
using

using plenty of these Medicines, he was restored to his usual Condition.

A young Lad languishing under extreme weakness, and wasted almost to nothing, by a pint of one of these Medicines proper in Consumptions recovered perfectly.

A Gentlewoman swoln most extremely with a Dropsie, using much counsel and means for reliefe, found none like what she had by the use of one of these Medicines, appropriate to this distemper; and when she was so hugely big, that the Physicians resolved, there was no way but by drawing the water which so swelled her, out with their usual Manual operation, she refusing and casting herself wholly upon God, in the use of this Medicine after a short time, the water arise and drain'd it self out of her mouth dayly in large quantity, till she recovered her ordinary health and due proportion. A

A Gentleman who had quite lost his appetite, by the use of one of these Medicines, last at night, and first in the morning, perfectly recovered.

His wife lying In, and in a violent restless Feaver, by a pint of another of these Medicines perfectly recovered.

And his next neighbours, being all down with sickness, and one of them dying, fearing it to be the sickness, he acquainted them with these Medicines; and with the use of two pints they all recovered.

A Gentleman about the age of forty, but newly recovered of a Pluretick distemper, upon an extream Cold fell into a violent Feaver, which after some means and time ended in an Ague, which tormented him for divers fits both cold and hot, every other day three or four fits, were trised away with slight Medicines, which unadvised importunities thrust him upon; at length,

I undertaking him, in his first cold fit gave him in three hours time, a full pint of so high and powerful a Medicine; as would have amazed any Physitian, which yet without any prejudice, by burning or binding, or over-sweating him, broke the heart of his Ague, and so by plying him on his well dayes and nights, sometimes with the same in smaller quantity, and with others of like nature, at the fourth fit it was quite discharged; wherein were full experiences of their restraining violent sweats and thirst, and in giving of rest: all which are the peculiar effects of their benign temperature, which not only renders my compound Medicines, but those of meere simples, whether of Mint, Cinamon, Clove and the like, so far different from those of the same mildness and pleasantness, wanting the humane true temperature, that both in health and sickness, the one shall do real service, where the other doth mischief in one kind or other.

These

These, though not neere the whole of what might have bin collected, of cures of this kind----much less of those, who have cured themselves by a draught or two in their first illness, and so escaped fits of sickness, and courses of Physick; nor of such who have dayly supplied their spirits, and fortified their natures, by their use in dyet and refreshment, unto which they are essentially proper; yet I conceive are abundant proofs of their real virtue and effecacy: and that those marks and characters arising from them, are not irrationally proposed, as a test or Touchstone of real Medicine; and for distinction of such as may be thoroughly trusted in cure, from those which are not, and that with our, any outward violence, by Bleedings Issues, Clusters, Blisters, &c. or any inward disturbance to the body, by Loosning, Vomiting, or other enforcements by Minerals, may suffice in all cases

cases and extremities, to the comfort of all the ingenious, both persons and families; who taking this for their guide, need not henceforth be so much to seek for reliefe as formerly, in times of sickness and necessity. Every of those Medicines pointed at, being alwaies to be had,

At the Star in the Pastern
by little *Moorefields*,
London, 1667.

E I N T S.

